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KEEP
A
HEAD



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KEEP YOUR HEAD
USE YOUR HELMET

Illinois Department of Public Health
Illinois Department of Transportation

BE COOL



Many cool people that are liked and respected wear helmets. For instance, athletes, pilots and astronauts wear helmets every day. They know they face danger if their heads are left unprotected. They are taking charge of their life by protecting themselves from serious injury. Wear a helmet when bicycling and take charge of your life.

WEAR A



Keep A Head

- Helmets come in many cool colors and styles. Keep A Head in fashion.
- Helmets protect the head from serious injury. Keep A Head in safety.
- Wearing a helmet shows that you care about yourself. Keep A Head of the pack. Be a leader and set a good example by wearing your helmet.

HELMET

Why Wear A Helmet?

- Head injuries are the most serious injuries that happen to cyclists.
- Bicycle crashes can happen anywhere, anytime. A cyclist can crash and hit his or her head in the park, the driveway or on a bicycle path—not just on the street. So always wear your helmet.

The Right Helmet

A helmet should be ANSI, ASTM or Snell approved. A safety sticker will be on the inside of the helmet.

LIKE THIS



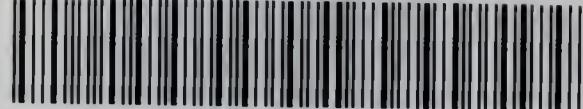
Helmets should sit on top of your head in a level position and should not rock back and forth or from side to side.
Always fasten the strap.

NOT THIS!



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**FOR MORE
INFORMATION
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